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WEEK 46
2016



A culinary question while cooking?

Send us a free WhatsApp message from 16:00 - 21:00 to +31 (0) 6 2727 3232.

WIJNBOX

Cabriz branco

This dish with cold smoked salmon calls for a full wine in which you taste a little fat. That is why this white wine goes so well with it.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Casarecce integrale with cold smoked salmon and fennel

The arugula and lemon provide a fresh twist

The cold-smoked salmon in this dish is sustainably cultured in the fjords of Norway. The salmon is then cold smoked in the Netherlands according to traditional methods. This salmon fits perfectly with the soft fennel and fresh lemon.

store in refrigerator



25-30 min



easy



eat at the beginning



kid friendly



lactose free



Fennel



Cold smoked salmon



Arugula



Shallot



Zucchini



Lemon



Casarecce integrale

Ingredients	1P	2P	3P	4P	5P	6P	
Shallot	½	1	1½	2	2½	3	
Fennel	½	1	1½	2	2½	3	
Zucchini	½	1	1½	2	2½	3	
Lemon	¼	½	¾	1	1¼	1½	
Caserecce integrale (g) 1)	90	180	270	360	450	540	
Cold smoked salmon (g) 4)	80	160	240	320	400	480	
Arugula (g) 23)	20	40	60	80	100	120	
Olive oil (tbsp.)*	1	2	3	4	5	6	
Extra virgin olive oil (tbsp.)*			To Taste				
Pepper and salt*			To Taste				

* Add yourself

Allergens

1) Gluten 4) Fish

May contain traces of
23) celery.

Utensils

Pot with lid, stir-fry or
sauté pan with lid

Nutrition Facts 647 kcal | 32 g protein | 73 g carbs | 21 g fat, of which 4 g saturated | 11 g fibres



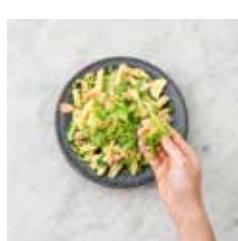
1 Boil 500 ml of water per person in a pot with a lid for the casarecce. Cut the shallots into rings. Cut the fennel into quarters, remove the core and cut the fennel into strips. Cut the zucchini in half slices. Press the juice of the lemon.



2 Cook the casarecce, covered, for 10 - 12 minutes in the pot with a lid. Then drain.



3 Meanwhile, heat the olive oil in a stir-fry or sauté pan with lid. Fry the shallot for 2 minutes on medium heat. Add the fennel and cook, covered, for 8 minutes. Add half the zucchini. After 4 minutes remove the lid from the pan, add 1 tbsp. lemon juice per person and cook for 1 minute on high heat.



4 Pull the salmon into small pieces with a knife or fork and tear the arugula.

5 Add the cooked casarecce, ⅓ of the salmon and most of the arugula to the vegetables and season with salt and pepper.

6 Divide the dish on the plates and garnish with the remaining salmon and arugula. Sprinkle to taste with extra virgin olive oil and lemon juice.

Tip! Are you not a fan of the strong flavor of fennel? Then cook this for 2 - 3 minutes longer. The fennel then becomes softer and has a less pronounced flavor. You can also eat the leaves of the fennel. Chop finely and sprinkle (raw) over the dish.

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WIJNBOX

Synera tinto
This Catalan Synera is stronger than you think. An ideal combination with this typically Dutch stew.



Dutch stew with cheese and meatballs

The carrot provides a delicious, sweet flavor

This dish from Holland is a classic. The meat-balls provide an extra bite. This dish can be kept for 5 days. It may be that the meatballs are discolored due to the low amount of additives. Despite the discoloration you can eat them with confidence.

Store in refrigerator



25-30 min



easy



eat within
5 days



kid
friendly



gluten free



Carrot



Minced beef balls



Fresh chives



Old cheese



Colomba potatoes



Onion



Garlic clove

Ingredients	1P	2P	3P	4P	5P	6P	
Colomba potatoes (g)	300	600	900	1200	1500	1800	* Add yourself
Carrot (g)	200	400	600	800	1000	1200	Allergens
Onion	1	2	3	4	5	6	7) Milk/lactose
Garlic clove	½	1	1½	2	2½	3	May contain traces of
Beef minced meat balls	3	6	9	12	15	18	23) celery.
Fresh chives (sprigs) 23)	4	8	12	16	20	24	Utensils
Old cheese (g) 7)	25	50	75	100	125	150	Large pot with lid, coarse grater, frying pan with lid, potato masher, aluminum foil
Real butter (tbsp.)*	1	2	3	4	5	6	
Milk*			Dash				
Mustard (tsp.)*	1	2	3	4	5	6	
Pepper and salt*			To Taste				

Nutrition Facts 832 kcal | 44 g protein | 74 g carbs | 36 g fat, of which 18 g saturated | 13 g fibres



1 Boil 400 ml of water per person in a large pot with lid for the potatoes and carrot. Peel and wash the potatoes (colomba) thoroughly and cut into wedges. Grate the carrots with a coarse grater until you have about 2 tbsp. carrot per person and set aside. Cut the remaining carrots into slices.

2 Boil the potatoes and carrot slices, covered, for 15 minutes in the large pot with a lid. Drain, set the cooking water aside for the mash and gravy and let the potatoes steam without a lid. Meanwhile, cut the onion into rings and cut or press the garlic. Add the garlic and onion immediately after cutting the potatoes and carrots.

3 Heat half the butter in a frying pan with a lid and fry the meat balls for 5 minutes on medium heat until browned. Then fry for 6 - 7 minutes, covered, over medium heat. Turn regularly.

4 In the meantime slice or cut the chives.

5 Mash the potatoes, carrots, onion and garlic with the potato masher until a coarse puree. Add the remaining butter and a small dash of milk or cooking liquid to make it smooth. Add the grated carrots, the majority of the chives and the majority of the old cheese. Season with mustard and salt and pepper.

6 Remove the meatballs from the pan and pack in aluminum foil to keep warm. Add 2 tbsp. cooking water from the potatoes per person to the skillet and cook for 2 minutes until a liquid gravy. Season with salt and pepper.

7 Divide the stew and meatballs on the plates. Garnish with the remaining chives and cheese. Serve with the gravy.

Tip! Do you have little time? Then don't bother grating the carrots. Just slice them all and cook along with the potatoes.



WIJNBOX

Espiga tinto
This spicy and flavorful dish is served with a powerful wine which is tough and from the Portuguese Lissabon.



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Traditional Shakshuka with egg and goat cheese

Go on a journey through the Middle East

Shakshuka is a traditional Israeli stew which is eaten at any time of day: at breakfast, lunch or dinner. Israelis prefer to eat this dish with bread which they dip in the sauce. You bake your own spelt baguette from our supplier Le Perron in the oven.

Store in refrigerator



30-35 min



easy



eat within 5 days



vegetarian



spicy



Fresh curly parsley



Free-range egg



Goat cheese



Spelt baguette



Onion



Garlic clove



Red chilli



Yellow bell pepper



Tomato

Ingredients	1P	2P	3P	4P	5P	6P	
Onion	½	1	1½	2	2½	3	
Garlic clove	1	2	3	3	4	4	
Red chilli	¼	½	½	¾	¾	1	
Yellow bell pepper	½	1	1½	2	2½	3	
Tomato	2	4	6	8	10	12	
Fresh curly parsley (stems) (23)	2	4	6	8	10	12	
Free-range egg (3)	2	4	6	8	10	12	
Goat cheese (g) (7)	40	75	100	125	150	175	
Spelt baguette (1) (17) (20) (21) (22) (24) (25) (27)	1	2	3	4	5	6	
Olive oil (tbsp.)*	1	1	2	2	3	3	
Vegetable bouillon cube*	¼	½	¾	1	1½	1½	
Pepper and salt*			To Taste				

* Add yourself

Allergens

1) Gluten 3) Eggs

7) Milk/lactose

May contain traces of

17) eggs, 20) soy,

21) milk/lactose,

22) nuts, 23) celery,

24) mustard, 25)

sesame and **27) lupine.**

Utensils

Stir-fry or sauté pan with lid

Nutrition Facts 583 kcal | 30 g protein | 66 g carbs | 25 g fat, of which 10 g saturated | 6 g fibres



1 Preheat the oven to 210 degrees. Chop the onion and cut or press the garlic. Remove the seeds from the red chilli and paprika and cut both small. Cut the tomatoes into cubes and curly parsley fine.

2 Heat the olive oil in a stir-fry or sauté pan with a lid and fry the onion, garlic and red chilli 2 minutes on low heat. Add the peppers, tomatoes and half of the curl parsley. Add 30 ml of water per person, and crumble the vegetable bouillon cube above the pan. Bring to the boil and simmer for 5 minutes, covered. Season with salt and pepper.

3 Make a well in the vegetable mixture and break the eggs in it. Season the eggs with salt and pepper. Divide the goat cheese into small pieces on top, cover the pan and leave for 10 minutes until the eggs solidify. Remove the the lid of the pan for the last four minutes, set the heat slightly higher and allow excess moisture to evaporate.

4 Meanwhile, bake the spelled baguette 5 - 7 minutes in the preheated oven or until the baguette is golden brown in color.

5 Divide the dish on the plates. Garnish with the remaining curly parsley and serve with the spelt baguette.

Tip! You can also bake Shakshuka in the oven. Use an ovenproof pan. Add the eggs and feta and place the pan in the oven for 10 minutes.

Do you have bay leaves in your home? Then add one to the vegetables. Remove the leaf before serving.

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Masan blanc
The Nile perch fillet calls for a light and fresh white wine. In this case you pour a Masan Blanc from the South of France.



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Fried vegetables with Nile perch fillet and brown rice

Make it as spicy as you want

In this recipe you give the Nile Perch extra flavor by adding a little soy sauce and coconut milk in the last th minutes. Coconut milk is made by mixing the white pulp of the coconut with water and then squeezing it out.

Store in refrigerator



25-30 min



easy



eat at the beginning



kid friendly



lactose free



Cauliflower



Leek



Nile perch



Brown rice



Curry spices



Sereh



Coconut milk



Soy sauce

Ingredients	1P	2P	3P	4P	5P	6P
Cauliflower	¼	½	¾	1	1¼	1½
Leek	⅓	⅔	1	1½	1¾	2
Brown rice (g)	85	170	250	335	420	500
Curry spices (tsp.)	1	2	3	4	5	6
Sereh (tsp.)	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Soy sauce (ml) 1) 6) 19)	5	10	15	20	25	30
Nile perch 4)	1	2	3	4	5	6
Sunflower oil (tbsp.)*	1	2	2	3	3	4
Brown sugar (tsp.)*	1	2	3	4	5	6
White wine vinegar (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*				To Taste		

* Add yourself

Allergens

1) Gluten 4) Fish 6) Soy
May contain traces of
19) peanuts.

Utensils

Pot with lid, stir-fry or
sauté pan with lid,
frying pan

Nutrition Facts 663 kcal | 32 g protein | 79 g carbs | 22 g fat, of which 5 g saturated | 10 g fibres



1 Boil 250 ml of water per person in a pot with a lid for the rice.
Cut the flower of cauliflower into small florets and the stalk into cubes.
Cut the leek into thin rings.



2 Cook the rice, covered, for 12 - 15 minutes in the pot with a lid.
Then drain and leave without a lid to steam.



3 Heat half the sunflower oil in a stir-fry or sauté pan with a lid
and cook the cauliflower for 1 minute over medium heat. Add the curry
spices and sereh and stir-fry 30 seconds. Add the majority of the coconut
milk, the brown sugar, white wine vinegar, and the majority of the soy
sauce. Season with salt and pepper and simmer, covered, for 15 minutes
over low heat. Add half the leeks.



4 Meanwhile, heat the remaining sunflower oil in a frying pan and
fry the Nile perch fillets 2 - 3 minutes per side. In the last minute drizzle
with the remaining soy sauce and coconut milk and bring to taste with
pepper.

5 Add the rice to the stir-fry or sauté pan and stir fry for
1 minute on high heat.

6 Divide the dish on plates and serve with the Nile perch fillet.

Tip! Do you like spicy? Then add some dried chilli.

Do you have young children who do not like spicy food? Then be careful
with the curry powder. Add this at the end to taste.

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WIJNBOX

Quinta da Espiga branco
A Mediterranean dish with a Mediterranean wine. This Portuguese is perfect with the spicy rosemary-potatoes.



Rosemary potatoes with Mediterranean chicken and endive

The tomato salad adds a fresh twist

This dish has many different flavors. The chicken has been soiced with delicious Mediterranean spices by our supplier and fits perfectly with the fresh tomato salad, creamy endive and crispy roasted potatoes. Sour cream gives the endive a less bitter taste.

Store in refrigerator



40-45 min



eat at the beginning



easy



kid friendly



Mediterranean chicken fillet Cut endive



Sour cream Gwenné potatoes



Rosemary



Tomato

Ingredients	1P	2P	3P	4P	5P	6P	
Gwenne potatoes (g)	300	600	900	1200	1500	1800	
Rosemary (tsp.)	½	1	1½	2	2½	3	
Mediterranean chicken fillet (g)	110	220	330	440	550	660	
Cut endive (g) 23)	125	250	375	500	625	750	
Sour cream (tbsp.) 7) 15) 20)	1½	3	4½	5	7½	8	
Tomato	1	2	3	4	5	6	
Real butter (tbsp.)*	½	1	1½	2	2½	3	
Olive oil (tbsp.)*	1	1	1½	1½	2	2	
Honey (tsp.)*	1	2	3	4	5	6	
Mustard (tsp.)*	1	2	3	4	5	6	
Extra virgin olive oil (tbsp.)*	½	1	1½	2	2½	3	
Pepper and salt*				To Taste			

Nutrition Facts 695 kcal | 31 g protein | 68 g carbs | 31 g fat, of which 12 g saturated | 9 g fibres



1 Peel and wash the potatoes (gwenne) thoroughly and cut into wedges. Heat the butter in a stir-fry or sauté pan with a lid and cook the potatoes with rosemary 30 - 35 minutes, covered, over medium heat. Stir regularly and season with salt and pepper.



2 Meanwhile, heat half the olive oil in a frying pan with a lid and bake the chicken on high heat until browned. Reduce the heat slightly, cover the pan and cook for 6 - 8 minutes. Turn regularly.



3 Heat the remaining oil in another stir-fry or sauté pan with lid and fry the endive for 3 minutes over medium heat. Add the sour cream, the honey and mustard. Season with salt and pepper and simmer, covered, for 5 - 6 minutes.



4 Meanwhile, cut the tomatoes into cubes and mix in a small salad bowl with the extra virgin olive oil. Season with salt and pepper.

5 Divide the endive à la crème, fried potatoes and chicken on the plates. Serve with the tomato salad.

Tip! Do you have kids who don't like endive or stringy food? Use a stick blender to puree the endive crém just before serving.

Little time? Boil the potatoes for 20 minutes and serve with the endive and tomato salad.

* Add yourself

Allergens

7) Milk/lactose
May contain traces of 15)
gluten, 20) soy and 23)
celery.

Utensils

2x stir-fry or sauté pan
with lid, frying pan with
lid, small salad bowl



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WIJNBOX

Cabriz tinto
The earthy tones of this soup go well with the fruity character of this wine, which is made from native Portuguese grape varieties.



Carrot-parsnip soup with walnut-raisin bread

The melody potatoes provide a "musical" entity

In this soup, we combine the orange soup with parsnip which is a white carrot that has a nice and sweet, anise-like flavor. On our blog we will show how you can easily clean a parsnip.



30-35 min



easy



eat within
5 days



vegetarian



kid
friendly

Store in refrigerator



Parsnip



Carrot



Fresh coriander



Onion



Melody potatoes



Turmeric



Walnut-raisin bread



Almonds



JAMIE'S SMOKY SWEET POTATO CHILI WITH CRISP TORTILLA

This delightful and quick alternative to chili con carne is packed with delicious vegetables, including sweet potato. As you may already know this is a low starch carbohydrate and therefore should be counted as a serving of vegetables. It also contains several other important nutrients such as vitamin C. The homemade tortilla strips are deliciously crispy, you could even cut triangles to make your own tortilla chips. Not only tastier but also a lot healthier than the tortilla that you buy in the supermarket.



with **Jamie Oliver**

Cooking is made easy
with Hello Fresh



45 minuten



healthy



eat within
3 days

store in refrigerator



brown rice



spring onion



red chilli



garlic clove



red bell pepper



sweet potato



chili powder



smoked paprika powder



cumin



peeled tomatoes



black beans



flour tortilla



fresh coriander



lime



yogurt

For 1 person

- 80g brown rice
- 1 spring onion
- ½ red chilli
- 1 garlic clove
- ½ red bell pepper
- 200g sweet potato
- ¼ tsp. chili powder
- ¼ tsp. smoked paprika powder
- **Add yourself:** olive oil

- ¼ tsp. cumin seeds
- 1 can of 400g peeled tomatoes
- 1 can of 400g black beans
- 1 flour tortilla
- 3 sprigs fresh coriander
- 1 lime
- 1 tbsp. yogurt

Nutrition facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
787,7 kcal	10,1g	2,2g	25,3 g	155,3 g	25 g	0,8 g	23,2 g

Allergens: gluten, wheat, milk



1. Preheat the oven to 180°C.
2. Cut the **spring onions** into thin rings. Keep the green and white parts separate.
3. Remove the seeds from the **red chilli** and chop finely. Peel and chop the **garlic**. Remove the seeds and chop the **bell pepper** into large pieces. Peel and slice or grate the **sweet potato** fine.
4. Cook the **rice** 12 to 15 minutes in a small saucepan of boiling salted water over medium heat, then drain. Pour back into the pan, season with **pepper** and set aside with the lid on.
5. Heat $\frac{1}{2}$ tbsp. **oil** in a medium pot over medium heat, add the white part of the **spring onion**, garlic and **red chilli**. Followed by the **chilli** and **paprika powder** and **cumin seeds**, and stir frequently for 2 minutes.
6. Add the **bell peppers** and **sweet potatoes**, pour in half of the **tomatoes** and 200ml water and break the **tomatoes** into pieces.
7. Bring to the boil, add half of the drained **beans** and simmer for 25 minutes until the **chili** is thick (keep the rest of the **tomatoes** and beans for another day).

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Have fun cooking! And do not forget to take a picture and share!#hellojamie



For more inspiration
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For 2 persons

- 160g brown rice
- 2 spring onion
- ½ red chilli
- 1 garlic clove
- ½ red bell pepper
- 200g sweet potato
- ½ tsp. chili powder
- ½ tsp. smoked paprika powder
- **Add yourself:** olive oil

Nutrition facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
677,1kcal	10,4g	2,7g	22g	126,7g	15,7g	0,9g	20,4g

Allergens: gluten, wheat, milk



- ¼ tsp. cumin seeds
- 1 can of 400g peeled tomatoes
- 1 can of 400g black beans
- 2 flour tortilla
- 15 g fresh coriander
- 1 lime
- 2 tbsp. yogurt

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1. Preheat the oven to 180°C.
2. Cut the **spring onions** into thin rings. Keep the green and white parts separate.
3. Remove the seeds from the **red chilli** and chop finely. Peel and chop the **garlic**. Remove the seeds and chop the **bell pepper** into large pieces. Peel and slice or grate the **sweet potato** fine.
4. Cook the **rice** 12 to 15 minutes in a small saucepan of boiling salted water over medium heat, then drain. Pour back into the pan, season with **pepper** and set aside with the lid on.
5. Heat ½ tbsp. oil in a medium pot over medium heat, add the white part of the **spring onion**, garlic and **red chilli**. Followed by the **chilli** and **paprika powder** and **cumin seeds**, and stir frequently for 2 minutes.
6. Add the **bell peppers** and **sweet potatoes**, pour in half of the **tomatoes** and 200ml water and break the **tomatoes** into pieces.
7. Bring to the boil, add half of the drained **beans** and simmer for 25 minutes until the **chili** is thick (keep the rest of the **tomatoes** and beans for another day).
8. Roll the **tortilla** up, cut into 1cm wide strips, toss the slices in a little **oil**. Place on a baking sheet and bake for 10 minutes in the oven until they are crisp and golden.
9. Pick the **coriander leaves** from the stems and chop coarsely.
10. Flavor the **chili** to taste with **salt**, **pepper** and **lime juice**. Stir in the **yogurt** and the green of the **spring onions** and put the **rice** on your plate. Stir in the **chili**, sprinkle with **coriander** and serve with the **tortilla** strips.

Jamie

Recept © Jamie Oliver, Images © JOEL, Fotografie Matt Russell

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For 3 persons

- 240 g brown rice
- 3 spring onion
- 1 red chilli
- 2 garlic cloves
- 1 red bell pepper
- 300g sweet potato
- $\frac{3}{4}$ tsp. chili powder
- $\frac{3}{4}$ tsp. smoked paprika powder
- **Add yourself:** olive oil

- $\frac{1}{2}$ tsp. cumin seeds
- 1 can of 400g peeled tomatoes
- 1 can of 400g black beans
- 3 flour tortilla
- 15 g fresh coriander
- 1 lime
- 3 tbsp. yogurt

Nutrition facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
616,7 kcal	7,2 g	2,5 g	19,4 g	123,3 g	16,1 g	1 g	16,8 g

Allergens: gluten, wheat, milk

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1. Preheat the oven to 180°C.
2. Cut the **spring onions** into thin rings. Keep the green and white parts separate.

3. Remove the seeds from the **red chilli** and chop finely. Peel and chop the **garlic**. Remove the seeds and chop the **bell pepper** into large pieces. Peel and slice or grate the **sweet potato** fine.

4. Cook the **rice** 12 to 15 minutes in a small saucepan of boiling salted water over medium heat, then drain. Pour back into the pan, season with **pepper** and set aside with the lid on.

5. Heat $\frac{1}{2}$ tbsps. **oil** in a medium pot over medium heat, add the white part of the **spring onion**, garlic and **red chilli**. Followed by the **chilli** and **paprika powder** and **cumin seeds**, and stir frequently for 2 minutes.

6. Add the **bell peppers** and **sweet potatoes**, pour in half of the **tomatoes** and 200ml water and break the **tomatoes** into pieces.

7. Bring to the boil, add half of the drained **beans** and simmer for 25 minutes until the **chili** is thick (keep the rest of the **tomatoes** and beans for another day).

8. Roll the **tortilla** up, cut into 1cm wide strips, toss the slices in a little **oil**. Place on a baking sheet and bake for 10 minutes in the oven until they are crisp and golden.
9. Pick the **coriander leaves** from the stems and chop coarsely.
10. Flavor the **chili** to taste with **salt**, **pepper** and **lime juice**. Stir in the **yogurt** and the green of the **spring onions** and put the **rice** on your plate. Stir in the **chili**, sprinkle with **coriander** and serve with the **tortilla** strips.

Jamie

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For 4 persons

- 320 g brown rice
- 4 spring onions
- 1 red chilli
- 2 garlic cloves
- 1 red bell pepper
- 300g sweet potato
- 1 tsp. chili powder
- 1 tsp. smoked paprika powder
- **Add yourself:** olive oil

- $\frac{1}{2}$ tsp. cumin seeds
- 1 can of 400g peeled tomatoes
- 1 can of 400g black beans
- 4 flour tortilla
- 30 g fresh coriander
- 1 lime
- 4 tbsp. yogurt

Nutrition facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
599,2 kcal	10 g	2,8 g	17 g	114,9 g	12,8 g	0,9 g	12,8 g

Allergens: gluten, wheat, milk

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1. Preheat the oven to 180°C.
2. Cut the **spring onions** into thin rings. Keep the green and white parts separate.
3. Remove the seeds from the **red chilli** and chop finely. Peel and chop the **garlic**. Remove the seeds and chop the **bell pepper** into large pieces. Peel and slice or grate the **sweet potato** fine.
4. Cook the **rice** 12 to 15 minutes in a small saucepan of boiling salted water over medium heat, then drain. Pour back into the pan, season with **pepper** and set aside with the lid on.
5. Heat $\frac{1}{2}$ tbsp. **oil** in a medium pot over medium heat, add the white part of the **spring onion**, garlic and **red chilli**. Followed by the **chilli** and **paprika powder** and **cumin seeds**, and stir frequently for 2 minutes.
6. Add the **bell peppers** and **sweet potatoes**, pour in half of the **tomatoes** and 200ml water and break the **tomatoes** into pieces.
7. Bring to the boil; add half of the drained **beans** and simmer for 25 minutes until the **chili** is thick (keep the rest of the **tomatoes** and beans for another day).

8. Roll the **tortilla** up, cut into 1cm wide strips, toss the slices in a little **oil**. Place on a baking sheet and bake for 10 minutes in the oven until they are crisp and golden.
9. Pick the **coriander leaves** from the stems and chop coarsely.
10. Flavor the **chili** to taste with **salt**, **pepper** and **lime juice**. Stir in the **yogurt** and the green of the **spring onions** and put the **rice** on your plate. Stir in the **chili**, sprinkle with **coriander** and serve with the **tortilla** strips.

Jamie

Have fun cooking! And do not forget to take a picture and share! #hellojamie



For 5 persons

- 400g brown rice
- 5 spring onions
- 2 red chillies
- 3 garlic cloves
- 1½ red bell pepper
- 350g sweet potato
- 1¼ tsp. chili powder
- 1¼ tsp. smoked paprika powder

• Add yourself: olive oil

Nutrition facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
564,3kcal	7,5g	1,8g	17,7g	108,5g	11,3g	0,4g	15g

Allergens: gluten, wheat, milk

- ¾ tsp. cumin seeds
- 1 can of 400g peeled tomatoes
- 2 cans of 400g black beans
- 5 flour tortilla
- 30 g fresh coriander
- 1 lime
- 5 tbsp. yogurt

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1. Preheat the oven to 180°C.

2. Cut the **spring onions** into thin rings.

Keep the green and white parts separate.

3. Remove the seeds from the **red chilli** and chop finely. Peel and chop the **garlic**.

Remove the seeds and chop the **bell**

pepper into large pieces. Peel and slice or grate the **sweet potato** fine.

4. Cook the **rice** 12 to 15 minutes in a small saucepan of boiling salted water over medium heat, then drain. Pour back into the pan, season with **pepper** and set aside with the lid on.

5. Heat $\frac{1}{2}$ tbsp. oil in a medium pot over medium heat, add the white part of the **spring onion**, garlic and **red chilli**. Followed by the **chilli** and **paprika powder** and **cumin seeds**, and stir frequently for 2 minutes.

6. Add the **bell peppers** and **sweet potatoes**, pour in half of the **tomatoes** and 200ml water and break the **tomatoes** into pieces.

7. Bring to the boil, add half of the drained **beans** and simmer for 25 minutes until the **chili** is thick (keep the rest of the **tomatoes** and beans for another day).

8. Roll the **tortilla** up, cut into 1cm wide strips, toss the slices in a little **oil**.

Place on a baking sheet and bake for 10 minutes in the oven until they are crisp and golden.

9. Pick the **coriander leaves** from the stems and chop coarsely.

10. Flavor the **chili** to taste with **salt**, **pepper** and **lime juice**. Stir in the **yogurt** and the green of the **spring onions** and put the **rice** on your plate. Stir in the **chili**, sprinkle with **coriander** and serve with the **tortilla** strips.

Have fun cooking! And do not forget to take a picture and share! #hellojamie



Ingredients	1P	2P	3P	4P	5P	6P	
Onion	½	1	1½	2	2½	3	
Melody potatoes (g)	100	200	300	400	500	600	
Parsnip (g)	125	250	375	500	625	750	
Carrot	¼	½	¾	1	1¼	1½	
Turmeric (tsp.)	½	1	1½	2	2½	3	
Walnut-raisin bread 1) 8) 17) 20) 21) 25) 27)	1	2	3	4	5	6	
Almonds (g) 8) 19) 22)	20	30	40	50	60	70	
Fresh coriander (stems) 23)	2	4	6	8	10	12	
Real butter (tbsp.)*	½	1	1	1½	1½	2	
Vegetable bouillon cube*	¾	1½	2¼	3	3¾	4½	
Extra virgin olive oil (tbsp.)*	1	2	3	4	5	6	
Pepper and salt*			To Taste				

* Add yourself

Allergens

1) Gluten 8) Nuts
May contain traces of
17) eggs, 19) peanuts,
20) soy, 21) milk/lactose,
22) nuts, 23) celery,
25) sesame and 27) lupine.

Utensils

Stockpot or large
saucepan with lid,
small bowl, blender

Nutrition Facts 718 kcal | 16 g protein | 87 g carb | 31 g fat, of which 5 g saturated | 16 g fibres



- 1 Preheat the oven to 180 degrees and boil 400 ml of water per person for the soup.
- 2 Chop the onion. Peel and wash the potatoes (melody) thoroughly and peel the parsnip. Cut the potatoes, parsnips and carrots into cubes of 2 cm.
- 3 Heat the butter in a stockpot or large saucepan with lid and fry the onion 2 minutes on low heat. Add the parsnips, carrots and turmeric and cook, stirring for 3 minutes on medium heat. Add the potatoes and the boiling water and crumble the bouillon cube above. Simmer, covered, for 15 minutes.
- 4 Meanwhile, bake the walnut-raisin bread for 8 minutes in the oven.
- 5 Slice or chop the almonds and coriander extra fine. Mix with the extra virgin olive oil in a small bowl until an almond-coriander oil and season with salt and pepper.
- 6 Remove the soup from the heat and puree with a stick blender. If the soup is too thick, add more water. Season with salt and pepper.
- 7 Divide the soup into soup bowls. Garnish the soup with almond-coriander oil and serve with the walnut-raisin bread.

Tip! Do you not have a lot time? Then don't make coriander-almond oil but garnish with chopped coriander and almonds.



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WIJNBOX

Ramón Roqueta
tinto
For this noodle dish we choose an accessible and lightly oak matured Spanish wine with the tasteful tempranillo grape in the lead role.



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WEEK 46
2016



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Take a picture of your dish and share it via social media. The best photo will win a surprise!

Oriental buckwheat noodles with green beans and tofu

The sesame oil gives an extra flavor

This Oriental dish is deliciously spicy. This is because you bake the green beans so that they are extra crisp. In addition, the beans get a spicy flavor from the ginger and the delicious sesame flavor from the seeds and oil.

store in refrigerator



25-30 min



easy



eat at the beginning



vegetarian



lactose free



Green beans



Tofu stir-fry cubes



Red chilli



Fresh ginger



Sesame



Soy sauce



Buckwheat noodles



Sesame oil

Ingredients	1P	2P	3P	4P	5P	6P
Red chilli	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Green beans (g)	200	400	600	800	1000	1200
Tofu stir-fry cubes mild (pack 6)	½	1	1½	2	2½	3
Sesame seed (g) 11) 19) 22)	5	10	15	20	25	30
Soy sauce (ml) 1) 6) 19)	15	30	45	60	75	90
Buckwheat noodles (g) 1)	75	150	225	300	375	450
Sesame oil (ml) 11) 19)	5	10	15	20	25	30
Sunflower oil (tbsp.)*	1	2	2	3	3	3
White wine vinegar (tsp.)*	½	1	2	2	3	3
Honey (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*			To Taste			

* Add yourself

Allergens

1)Gluten 6) Soy

11) Sesame

May contain traces of
19) peanuts and 22) nuts.

Utensils

Pot with lid, stir-fry or sauté pan with lid, frying pan with lid

Nutrition Facts 691 kcal | 34 g protein | 63 g carbs | 31 g fat, of which 5 g saturated | 10 g fibres



1 Boil 500 ml of water per person in a pot with a lid for the noodles. Remove the seeds from the red chilli and slice the red chilli finely. Peel the ginger and chop finely. Remove the stalk of the green beans and cut the beans into three equal pieces.

2 Heat half the sunflower oil in a stir-fry or sauté pan with a lid and fry the tofu with half the red chilli and the majority of the sesame seeds for 3 - 4 minutes until golden brown on medium heat. Then remove from the pan and set aside.

3 Heat the remaining sunflower oil in the same stir-fry or sauté pan with a lid and cook the ginger for 1 minute on low heat. Then add the beans, soy sauce, white wine vinegar, honey and 3 tbsp. of water per person and simmer, covered, for 10 minutes on low heat.

4 Meanwhile, cook the noodles, covered, for 3 minutes in the pot with a lid. Then drain and rinse under cold water.

5 Add the noodles, sesame oil and the tofu to the green beans, season with salt and pepper and stir-fry for 1 minute on high heat.

6 Divide the dish on the plates and garnish with the remaining sesame seeds and red chilli.

Fact! Ginger is very healthy and includes vitamin B6, magnesium, potassium and copper. On our blog you will read how you can best peel your ginger. Sneak preview: with a spoon.

Tip! Not a fan of sesame? Then don't add the sesame or honey and add some ketjap .



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WIJNBOX

Ramón Roqueta blanco

In particular, the feta ensures this dish gets a fresh twist. That is exactly what you pour a fruity wine with grit.



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WEEK 46
2016



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Conchiglie with cherry sauce, feta and pumpkin seeds

The combination with soft eggplant completes the dish

If you briefly bake the tomato puree, the flavor is much sweeter. Then you add bouillon, black balsamic vinegar and a little brown sugar to make a delicious flavorful sauce. You garnish this pasta with fresh oregano, feta and pumpkin seeds.

Store in refrigerator



25-30 min



easy



eat within
5 days



vegetarian



kid
friendly



Fresh oregano



Feta



Onion



Garlic clove



Eggplant



Cherry tomatoes



Pumpkin seeds



Tomato puree



Conchigli

Ingredients	1P	2P	3P	4P	5P	6P
Onion	½	1	1	1½	2	2
Garlic clove	1	2	2	3	3	4
Eggplant	½	1	1½	2	2½	3
Cherry tomato (g)	125	250	375	500	625	750
Fresh oregano (stems) 23)	1	3	5	7	9	11
Pumpkin seeds (g) 19) 22)	10	20	30	40	50	60
Tomato puree (can)	½	1	1½	2	2½	3
Conchigli (g) 1)	90	180	270	360	450	540
Feta (g) 7)	40	75	100	125	150	200
Olive oil (tbsp.)*	1	1	2	2	3	3
Black balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Brown sugar (tsp.)*	½	1	1½	2	2½	3
Vegetable bouillon cube*	¼	½	¾	1	1¼	1½
Pepper and salt*			To Taste			

Nutrition Facts 654 kcal | 25 g protein | 86 g carbs | 20 g fat, of which 2 g saturated | 12 g fibres

* Add yourself

Allergens

1) Gluten 7) Milk/lactose
May contain traces of
19) peanuts, 22) nuts
and 23) celery.

Utensils

Pot with lid, stir-fry or
sauté pan with lid



1 Boil 500 ml of water per person in a pot with a lid for the conchigli. Chop the onion and cut or press the garlic. Cut the eggplant into 1 cm cubes and halve the cherry tomatoes. Pick the leaves off the oregano sprigs and chop the leaves finely.



2 Heat a stir-fry or sauté pan with lid over high heat and fry the pumpkin seeds without oil until they begin to pop. Remove from the pan and set aside.



3 Heat olive oil in the same stir-fry or sauté pan with a lid and fry the eggplant 5 minutes over medium heat. Lower the heat, add the onion and garlic and cook 2 minutes. Then add the tomato puree and stir-fry for 1 minute.



4 Add the black balsamic vinegar and brown sugar to the fried vegetables and heat for 1 minute so that the acid evaporates from the vinegar. Add 100 ml of water per person and oregano and crumble the bouillon cube over the pan. Cover the pan and let simmer for 10 minutes. Add half of the cherry tomatoes to the sauce. Season with salt and pepper.

5 Meanwhile, cook the conchiglie, covered, for 8 - 10 minutes. Then drain and mix with the sauce.

6 Divide the dish onto the plates, crumble the feta on top and sprinkle with pumpkin seeds.

Tip!

By cooking the eggplant well it gets silky smooth texture and taste.